

Juvela September 2015 E-Newsletter

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Hi R,

Welcome to our 'Back to School' Special Edition of Juvela E-News - the first of two emails we've got lined up for you over the next few weeks! Also featuring **Bake Off** ideas, **Lizzy's Blog** and a **sneak preview** of some new digital delights from Juvela, we do hope you enjoy...

Bake Off - Gluten Free Style!

It's the Nation's favourite baking show... **The Great British Bake Off** is back on our screens, and already we've had five episodes. So we thought we'd give you a quick catch-up along with some suggestions for if you're feeling inspired to create **gluten free alternatives**...



Episode One: Cake

Gateaux, Madeira - you name it, **Juvela Mix** is good for it! We're given many rave reviews about the comparable and excellent results achieved through using our Mix in place of gluten-containing flour... so why not give it a go? Our [Lemon Drizzle](#)

[Recipe](#) is a firm favourite and really simple to

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Episode Two: Biscuits

Week Two brought about cute **Biscuit Boxes** for the Showstoppers... we've got some [great biscuit recipes on our website](#) if you're feeling up to the challenge!

Episode Three: Bread

Baguettes, [Soda Bread](#), 3D Bread Sculptures... it was all going on! We've got a simple [Bread Recipe](#) for if a **tasty home-made loaf** is what you're after.

Episode Four: Desserts

Crème Brûlée, Austrian Meringues and Showstopping Cheesecakes... **scrumptious!** Check out our [Strawberry & White Chocolate Cheesecake Recipe](#) if you fancy an impressive pud of your own.

Episode Five: Alternative Ingredients

Gluten Free Pittas on prime time telly - hurrah! While not all of the contestants had success with their attempts, you can't go wrong with [our recipe](#). Don't forget that these pittas freeze well too - so you can make a batch and dip in when needed!

Back-to-School Ideas

Breakfast

A good, nutritious breakfast can help kickstart your metabolism and put you in good stead for the day ahead!



[Juvela Cereals](#) are great for busy mornings and are loved by grown-ups and kids alike. Our [Crispy Rice](#) and [Corn Flakes](#) are proving particularly popular... satisfying and simple.

If you have a little more time to spare, why not have a go at some [pancakes](#), or how about [tasty waffles](#) as a fun weekend treat?

Don't forget too that we have a [wide range of gluten free breads](#) to choose from - and they all toast brilliantly. Breakfastastic!

Lunch

Whether it's a dinner hall, an office staffroom or a rainy park bench, when it comes to **lunchtime**, it's important to make sure you have something **healthy** to enjoy and help keep your mind focused!

Preparing meals and portioning them in advance is a great way to ensure you always have something to throw in the lunch bag.

This [Chicken and Tomato Pasta Recipe](#) is easy to make in advance, or how about a nice tasty sandwich made with [Juvela Fresh White Bread](#)? Featuring your favourite filling, of course!



If you fancy something different for the kids (or even yourself), our [Tortilla Triangles Recipe](#) is a winner - they're great for lunchboxes and make a fun alternative to sandwiches.

We have more gluten free lunch ideas in our [Brunch & Lunch Section](#).

Lizzy's Gluten Free Blog

This month, Lizzy's blog post is all about **gluten free breakfasts** - how very apt! There are tips aplenty, so do be sure to check it out.

[View Liz's Latest Blog Post](#)

New Digital Content...

Recently, we've been very busy sorting out some **brand new** sections for our website, along with a few other digital improvements... all for your benefit, of course! We're **super excited** about it all and can't wait to share with you - look out for **more info** in the next edition of E-News...



YouTube Recipe Videos

Featuring recipes designed to be simple enough for the kids to help with, why not [have a look at our Children's Recipe Videos today?](#)

We also might have a few more vids up our sleeve coming very soon...
Watch this space!



E-News Survey

Make sure you keep your eye out for our next email in the coming weeks so that you don't miss out on our competition survey - it's a good one!

Here to help every step of the way...



The Juvela Team have a wealth of knowledge about living on a **gluten free** diet, so if you have any product questions, need help with recipes or any support, please get in touch.

Our **Freephone Helpline** is open Monday to Friday 9am-5pm: **0800 783 1992**

Alternatively, you can [send us an email](#).

You can also contact us via [Facebook](#), or [tweet us](#).

We hope you enjoyed our Newsletter! Thanks for reading.

The Juvela Team x

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